

Amendments to the Claims:

This listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims:

1. (Currently Amended) A construction board (1) having an integrated fastening means for mounting the construction board (1) on a construction material (17), for example a metal or wooden stud, comprising a cage (2) arranged into the construction board (1) and a screw arranged into the cage (2), ~~characterized in that~~ wherein the screw is telescopic and has a dismounted position, or a not extended position, and a mounted position, or an extended position.
2. (Currently Amended) A construction board (1) according to claim 1, ~~characterized in that~~ wherein the telescopic screw comprises two parts (3,4) having threads with the same pitch, of which the first part (4) is telescopically received into the second part (3).
3. (Currently Amended) A construction board (1) according to claim 2, ~~characterized in that~~ wherein the both parts (3,4) of the telescopic screw are formed with carrier members (18) for engagement with a tool (16A, 16B) for screwing the both parts (3,4) into the construction material (17).
4. (Currently Amended) A construction board (1) according to claim 3, ~~characterized in that~~ wherein the carrier members (18) consists of projections on the said second part (3) for engagement with the tool (16B) after principally complete screwing of the said first part (4) into the construction material (17).
5. (Currently Amended) A construction board (1) according to ~~one of the claims 1-4,~~ claim 1, wherein the said first part (4) is formed with a head (10) that abuts against a shoulder (14) into the said second part (3) after being screwed into a construction material (17).

6. (Currently Amended) A construction board (1) according to ~~one of the claims 1-5,~~
~~characterized in that~~ claim 1, wherein the said second part (3) has a collar that will abut a
shoulder (15) into the cage (2) after the said second part has been screwed into the
construction material (17).